



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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NOVEMBER SENIORS MORNING OUT ACTIVITIES ANNOUNCED

HICKORY -- Seniors age 60 or better throughout Catawba County are invited to participate in the many informative and fun activities of Seniors Morning Out. November activities include a jewelry-making class with local artisan Ellen Ball, and various Thanksgiving-themed activities.

Any senior living in Catawba County is invited to participate in these free activities at one of five convenient locations. A balanced, hot lunch is also provided. Bus transportation may be available for persons who do not drive. Please call the site supervisor and reserve your spot at least 48 hours ahead of time.

The programs operate Monday through Thursday from 8:30 a.m. to 12:30 p.m. However, all sites will be closed Thursday, Nov. 26 for the Thanksgiving holiday.

The jewelry making class with Ellen Ball is supported by a grant from the United Arts Council of Catawba County through the North Carolina Arts Council, with funding from the State of North Carolina and the National Endowment for the Arts, which believes that a great nation deserves great art. Additional funding for this and other arts and sciences programs is provided by community individuals and businesses.

Some of the highlights of the month are as follows:

At the West Hickory SMO, located at the West Hickory Senior Center, 400 17th St. SW, Hickory: Nov. 3, Jewelry Making with Ellen Ball; Nov. 4: Annual Medicare Enrollment Period, Prescription Drug Comparisons with Mary Mode; Nov. 10, Music by Sentimental Journey; Nov. 11: Worried about Your Memory? with Rik Covalinski of Home Instead; Nov 12, Making Turkey Pins with site supervisor; Nov. 24, Blood pressure checks and Let's talk about Turkey with Carolyn Thompson, RN. To reserve your spot, call site supervisor Lisa Adams at 828-323-8746.

At East Hickory SMO, located at Huntington Hills Church of God, 2123 Fifth St. NE, Hickory: Nov. 5, Jewelry Making with Ellen Ball; Nov. 10, Shop at Galaxy Foods, Dollar Tree and lunch at Taco Bell; Nov. 17, Singing and Laughing with the Clontz Family; Nov. 18, Cooking Class with Margie Beard, Gobbler

Cookies; Nov. 24, Nutritional Facts About Turkey: Baked vs. Deep Fried. To reserve your spot, contact Rita Pritchard at 828-320-5963.

At Newton SMO, located at First Presbyterian Church, 701 N. Main St., Newton: Nov. 2, When Holidays Can Be Difficult by Carol Anne Lawler of Hospice; Nov. 5, Gospel Singing with Damascus Road; Nov. 10, Learn to make lapel pins with Ellen Ball; Nov. 11, Experience Hmong New Year. Learn about Ceremonial costumes, dance and food; Nov. 17, Waltz Down Memory Lane with Sentimental Journey; Nov. 18, Making Mini Pumpkin Pies; Nov. 23, Things you May Not Know About Medicare Advantage Plans by Renee Smith, independent licensed insurance agent. To reserve your spot, contact Robyn Curtis at 828-455-4133.

At Catawba SMO, located at Center United Methodist Church, 4945 Sherrills Ford Road, Catawba: Nov. 11, Fire Safety BINGO with Ray Ball, Claremont Fire Department; Nov. 12, Fall Prevention with Jackie Saunders of Bayada Home Health; Nov. 17, Jewelry Making with Ellen Ball; Nov. 18: Diabetic Eye Diseases and Prevention with Tracey Paul, Catawba County Public Health; Nov. 19, Fall Fun: Corn hole, horseshoes, birdie toss, Thanksgiving craft and making apple dumplings. To reserve your spot, contact Wendy Thomas at 828-320-0434.

At Maiden SMO, located at the Maiden Community Center, East Second Street and Klutz Street in Maiden: Nov. 9, Recognition of veterans and update on veterans benefits with Cindy Travis of the Veterans Office; Nov. 16, Proper Nutrition as We Age with Dana Plummer, dietician; Nov. 18, Making Pumpkin Parfaits; Nov. 24, Music with Sentimental Journey. To reserve your spot, contact Loretta Hefner at 828-320-5966.

Senior Nutrition Services also operates Meals on Wheels and related programs in the county. Volunteers are urgently needed to deliver Meals on Wheels. For more information, contact Senior Nutrition Services at 828-695-5610 during regular business hours, or visit the website at <http://www.MealsonWheelsofCatawbaCounty.org>. For the latest updates, like the program on Facebook at <facebook.com/MealsonWheelsofCatawbaCounty>.

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